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"Me, Myself and Irene" gets 'Dumb and Dumber' in a fun way

Rebounding after the commercially disappointing, "Outside Providence," the Farrelly brothers ("There's Something About Mary") revert to their ribald ways. Set in their scenic home state of Rhode Island, they have created a bizarre love triangle with a twist, starring Jim Carrey and Renee Zellweger

Briefs

See what's going on around PUC and the community.

Titan A.E. provides hot visuals, luke-warm plot

Within the first 10 minutes of "Titan A.E.," Earth is destroyed and humanity is scattered throughout the universe, reduced to groups of drifting colony ships. This animated movie is not your typical Saturday morning cartoon.

Jimmy K's Chicago Style Dogs serves it up Hammond style

Jimmy K's Chicago Style Dogs is your average hot dog joint. Two Chicago dogs (mustard, onions, pickle and relish) and fries, \$2.59 with tax, without a drink. Face it. There is not a lot you can do with a hot dog to give it any distinction, thus this dinning experience was typical.

Features

Alcohol, fireworks and hot weather can make for a bad Independence Day combination

As the sun beats down during the summer months, many college students look as summer break as an opportunity to catch up on the partying that reading and studying has kept them away from during the school year.

Problems? Suggestions?

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Hammond, IN

70° F

Mist

at 12:50 PM

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Scenery, activities make PUC not your average commuter campus

PUC is a commuter campus with a higher than typical average student age, so some people fail to think that PUC is actually quite similar to a "real," or residential, college campus. Just take a walk around PUC, look at the scenery and think of all the active organizations on campus, however, and you will realize that this is not another commuter campus.

Jimmy K's Chicago Style Dogs serves it up Hammond style

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Titan A.E. provides hot visuals, luke-warm plot

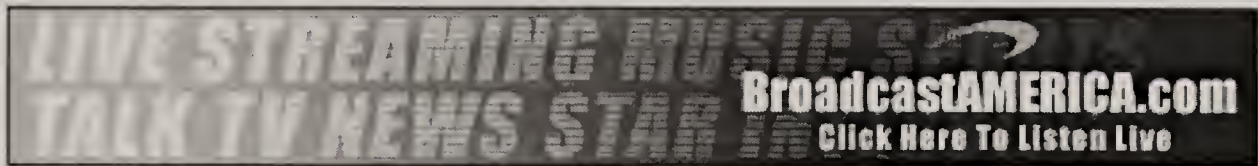
Within the first 10 minutes of "Titan A.E.," Earth is destroyed and humanity is scattered throughout the universe, reduced to groups of drifting colony ships. This animated movie is not your typical Saturday morning cartoon.

The Editorial

With the advent of World Wide Web technology, people are able to connect to each other and the rest of the world in novel ways. One could hop on the Internet from their home in Utah and discuss politics with another based in Iran. Hundreds of chat rooms are around for fans of classic rock or polka, along with message boards used for frequently asked questions and for merciless taunting of fans of rival basketball games. Cars, homeopathic medicine and vintage toys can be bought at online-auction companies such as E-Bay. Amid the chaotic vastness of the "information superhighway," one can avoid having to drive to Walgreens on a rainy Sunday morning to get their coffee and newspaper fix, by just logging online and getting their recommended daily dose of information and opportunity at any one of various online newspapers.

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See what's going on around PUC and the community.

Briefs

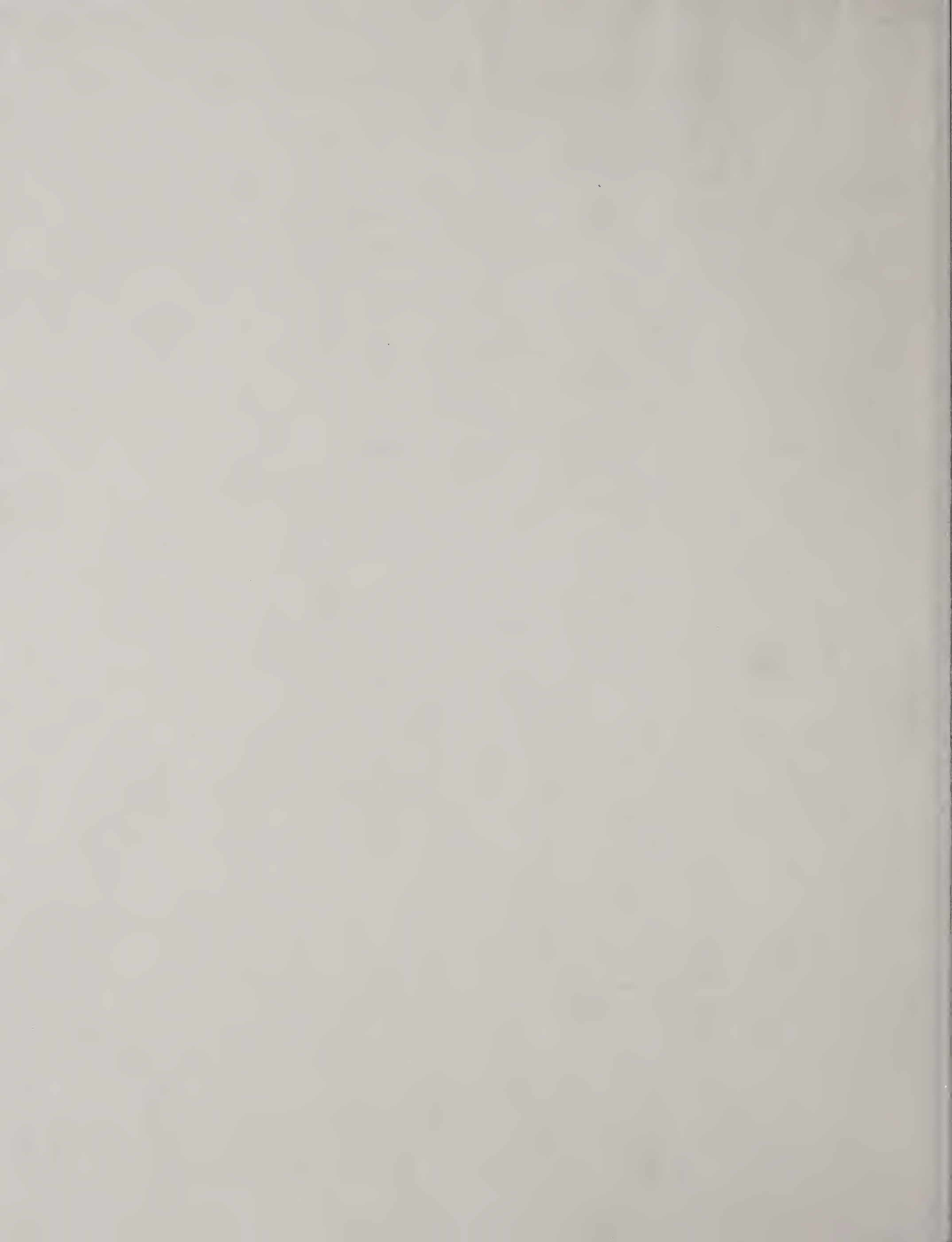
Beat the heat this summer with new activities around the Region.

Just enter the name of the city(usually Hammond) or the zipcode(usually 46323) and the state(IN) to get the listings of showtimes of the latest movies in the theatres near you.

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Mentors wanted

The Perkins Mentoring Program is looking for students to work as mentors. Mentors help incoming freshman become acquainted with the university environment. The pay starts at \$6 per hour and hours are flexible. For more information contact Nikki Fitzgerald or Miriam Williams at 989-2664 or stop by Gyte-171.

Enjoy weekends on the farm

The Lake County Parks and Recreation Department is offering residents a chance to check out the historic Buckley Homestead. Staff and volunteers dressed in period clothing are on hand to show you through the Buckley home, the barnyard and some farm animals around the barn. There is also a one-room schoolhouse and a pioneer farm. The historic homestead is open on Saturdays from 10 a.m. to 5 p.m. and noon to 5 p.m. on Sundays. Admission is \$2 for adults and \$1 for children. For more information on the Buckley Homestead, call (219) 696-8969.

Explore the wonders of the universe

The Calumet Astronomical Society invites you to explore the wonders of the universe when they present a public program on July 7 and July 8 at Lemon Lake County Park. The free program is from 8:30 p.m. to 11:30 p.m. For more information on the event, call (219) 769-PARK or check out www.casonline.org.

Java Improv looking for talent

The Java Improv is looking for talented people from ages 15 to 21 who love to sing, act or just entertain. The improv at Stoney Run County Park will take place from 8 p.m. to 11 p.m. July 7, July 21, August 4 and August 18 from 8 p.m. to 11 p.m. The cost is \$3 per person and refreshments will be sold at the events. For more information on the event, call (219) 769-PARK.

Gallery Exhibitor July 1-August 31, 2000

"The Art of the Paper Mask" by Charles D. Buggs, an exhibit displaying culturally influenced masks constructed from paper and cardboard that appear to be carved out of wood, will be at the Gary Public Library's Main Library Art Gallery. The gallery is located at 220 West 5th Avenue and will be open during regular library hours, Monday-Thursday 9 a.m.-8 p.m., Friday and Saturday 9 a.m.-5 p.m.

Certified Nursing Assistant classes offered at St. Anthony Medical Center

St. Anthony Medical Center is offering an enhanced Certified Nursing Assistant class that combines the state approved 105-hour core curriculum along with an addition 15 hours of essential skills for the CNA. The classes will begin July 5 and offer 40 hours of theory and 80 hours of clinical. Applications can be filled out from 8:30 a.m. to 1 p.m. in the Medical Arts Building on the second floor;

application fee is \$10. Tuition is \$400 and includes textbook. For information, call (219) 757-6404 or (219) 757-6461.

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GRANTZ RANTZ

Players from the NFL have become more of a fixture in the nightly news lately. The coverage has not been for their superior play on the field though; it has been for their illegal acts off the field.

Fitness world pumps up

Within the last 30 years, we have seen numerous changes in physical fitness. Changes in new ideas, technology and consumer knowledge have helped attract people all over to health clubs.

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Fitness world pumps up

The fitness world of today is different from fitness world of the past.

Joe Juarez

Staff Writer

Within the last 30 years, we have seen numerous changes in physical fitness. Changes in new ideas, technology and consumer knowledge have helped attract people all over to health clubs. People want to learn more about themselves and how their body works in order for them to stay fit. This knowledge comes to people through weight lifting, aerobic and, for some people, yoga. Some people view staying fit as a necessity, not just a luxury.

Let us go back 30 years when there was no study on physical fitness. People thought that through working out, they would be big and strong just like Charles Atlas. Trainers and gym teachers, who worked either in the health clubs or in the public schools did not have degrees in fitness. There was no such thing as a degree in fitness. They just said that they knew a little about fitness and were hired as a trainer or teacher with little or no experience.

John Bobalik, director of the Total Fitness Center, said the qualifications and credentials have been upgraded tremendously since that time. "There has been a big change in the requirements to work at a fitness center as a trainer. Years ago, you only needed a degree in physical education, or you learned from your own personal experience. Now you have to have a degree in fields of fitness such as exercise physiology or exercise science," Bobalik said.

Along with upgrading of the fitness studies and the credentials, there has been an upgrading of consumer interest. Back then, consumers did not care about getting rid of body fat and learning how their muscles work.

Perry Miller, a 65-year-old member of the TFC, has been working out at PUC for five years. "When (the weather) is bad, I use the weights and cross training machines. It's good for the heart," Miller said.

Magazines such as "Muscle and Fitness," "Muscular Development" and "MuscleMag International" illustrate people's awareness of fitness. In these magazines people can find out more and receive tips from professional bodybuilders on how to build muscle, lose fat and stay fit. Along with reading the magazines, people can go to fitness centers nationwide and take various classes on how to maintain their figure.

"What caused the upgrade is the consumer. They want to know more on how the muscles work and they want to learn more on how to get rid of body fats," Bobalik said. The different forms of exercise have changed a lot. People used to get up in the morning and do toe touches and twists to the left and right.

Well, times have changed. Now there are programs like Tae Bo, Cory Everson's Gotta Sweat, and Kiana Tom's Flex Appeal. These programs have changed our definition of the terms waking up and stretching. People think that what Billy Blanks, Kiana Tom, and Cory Everson do will make the everyday person feel good about themselves.

First, people have to learn what they are getting into. Otherwise they can risk injury. "It doesn't work for everybody. What people see, they think it is for everybody. Whatever motivates them, it would work. You have to be at a certain level of fitness to assume that you are ready to use these programs," Bobalik said.

The future awaits us when it comes to staying fit, building muscle and burning fat. The fitness world will continue to change with new ideas and technology developing each day.

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Sports briefs

Bob Delano makes All-American Honorable Mention team

Laker Center Bob Delano has been named to the NAIA Division I Men's All-American team. Delano is the only player from Indiana to be named to the list. Delano finished the season with a rebounding average of 13.6 rebounds per game, the highest average in the NAIA. Delano also scored over 1,000 points in his career as a Laker.

Purdue Calumet Offers New Class

Purdue Calumet is offering a class called "Full Potential" for people who suffer from impaired joint movement or loss of joint strength. "Full Potential" is a People with Arthritis Can Exercise (PACE) class and would be beneficial to individuals with mild to severe joint arthritis or limitations. The class will be held from April 24 to June 17 and will go from 8:00 to 8:45 a.m. on Tuesdays, Thursdays and Saturdays. This class is free to Fitness Center members and is \$50 for non-members. A physicians release form must be filled out before the initial class. For more information call (219) 989-2175.

Purdue Calumet Summer Youth Camps

This summer Purdue Calumet will be holding summer youth camps for basketball. There will be a youth basketball camp for kids ages 8 to 14 which will run June 26-30 from 1 to 3 p.m. or July 17-21 from 10 a.m. to noon. There will also be a shooting school for middle school and high school aged students which will run June 27-29 from 9:30 to 11:30 a.m. or July 11-13 from 1 p.m. to 3 p.m. The cost for the basketball camp will be \$59 and the shooting school will be \$49. Along with the camps there will be a basketball league for kids grade 4-9. It will run from June 24 to July 30 on Saturdays and Sundays (excluding July 1 and 2) from 6-9 p.m. For further information call the Department of Fitness, Wellness and Sports at (219) 989-2540.

Total Fitness Center's Wellness Fair

The Fitness Center is hosting a Wellness Fair in the SFLC on April 11. The fair will run from noon to 6 p.m. and will include 35 university and community organizations. Channel 7 Fitness Reporter Larry Nash will be the featured speaker of the fair. For more information call Rob Jensen in the Wellness Center at (219) 989-2709.

Total Fitness Center Magnum Contest

Workout and you could win. Workout on the new Magnum equipment 10 times and be entered in a raffle for Magnum prizes. Prizes to be raffled off include Magnum T-shirts and water bottles. Fitness Center staff must initial workout to be entered. Contest ends April 14. Inquire at the Fitness Center for more details.

Blood Drive

Purdue Calumet Wellness Council and Erector Spinae Universitas will be sponsoring a blood drive. The blood drive will be conducted by Heartland Blood Centers. It will run from 9 a.m. to 2 p.m. in the SFLC student lounge, C-104 on Tuesday, April 4. Call (219) 989-2175 to schedule an appointment to donate.

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